

## Low Hematocrit/Low Hemoglobin (AK 21-USDA 201)

<b>Explain to Participant</b>	You're enrolled in the WIC program today because we checked your or your child's hemoglobin, by taking a small sample of blood from a fingerstick, and it is below the recommended range. Hemoglobin is the part of the blood that carries oxygen. People with low hemoglobin may be tired or fussy, have problems concentrating and tend to get sick more often.	
<b>Goal</b>	The goal is to get your or your child's hemoglobin to the normal range.	
<b>Suggestions for Reducing Risk</b>	<p><b>Infants:</b> Explain "Infant Feeding Guide" pamphlet Offer breastmilk or iron-fortified formula for the first year</p> <p><b>Child:</b> Explain Food Guide Pyramid for Kids and describe serving sizes Explain/Review "Getting the Most Out of Iron Rich Foods" pamphlet Encourage limiting a child's milk intake to 16 oz (2 cups) each day</p> <p><b>PG/BF:</b> Explain Food Guide Pyramid for Your Special Delivery Explain/Review "Getting the Most Out of Iron Rich Foods" pamphlet Discuss the importance of a Prenatal Vitamin during pregnancy and breastfeeding</p> <p><b>PP:</b> Explain/Review "Getting the Most Out of Iron Rich Foods" pamphlet</p>	
Nutrition Education Material Suggested	<b>Getting the Most Out of Iron Rich Foods OR Iron for a Healthy Body</b>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>	Food for Your Baby's First Year Food Guide Pyramid appropriate for client type	